



HEARTFIRE CIRCLE

A SPACE FOR HEALING AND GROWTH

HeartFire Circle is a community-based program designed to offer a space for people to connect, heal, grow and enjoy life again.



Self-care

Take time for yourself.
Learn strategies that
promote wellness and joy.
Get your fire back!



Support

Enjoy a community of
encouragement and
compassion that supports
self-reflection and growth.



Resiliency

Equip yourself with the
tools and resources
needed to thrive through
life's challenges.

www.HeartFireCircle.com

HeartFire Circle is an extension of HeartFire Academy and HeartFire Ranch,
founded by Dr. Leslie Cary, Ph.D. licensed marriage and family therapist.

Interested in hosting a Circle for your community?

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www.heartfireacademy.com

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